



## **Do I Need a Tetanus Shot?**

### *Information for People Cleaning Up After a Flood*

- Tetanus is a disease that causes painful tightening of the muscles all over the body.
- Adults should receive a tetanus shot every 10 years.
- Because of debris and the possibility for cuts and wounds, all cleanup workers and volunteers who are not up-to-date on their vaccinations should contact their doctor or local public health unit before arriving in the flooded area.
- Tetanus bacteria enter the body through cuts or wounds.
- Tetanus is sometimes called lockjaw because infected people cannot open their mouths or swallow.
- Tetanus is a serious illness and often results in death.
- A more detailed fact sheet about tetanus can be found at [www.ndhealth.gov/Disease](http://www.ndhealth.gov/Disease).

For more information, please contact the North Dakota Department of Health, Division of Disease Control at 701.328.2378.